



Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease

By Joel Fuhrman

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Fasting and Eating for Health: A Medical Doctor's Program for Conquering Disease offers precise diet and fasting programs to relieve headache, hypoglycemia, rheumatoid arthritis, asthma, heart disease, high blood pressure, diabetes, colitis, psoriasis, lupus, and uterine fibroids. You'll also learn:

- How to use fasting to lose weight
- How to start, what to expect, how to reintroduce food to maintain maximum benefits
- How to work with a physician for longer fasts (more than 3 days)

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